

Commander earns 1st star

By Airman 1st Class George Cloutier
9th RW Public Affairs

Brig. Gen. H. D. Pumbo, Jr., 9th Reconnaissance Wing commander, ceremoniously pinned on his first star at the Recce Point Club on Monday.

"The emotions that I feel today, and that I started to feel Thursday, are that I am proud to serve, and proud to be part of the Air Force team," the general said.

The general took the opportunity to thank his family, who have helped him greatly along the course of his military career.

"It's not necessarily what I have done that's gotten me this far, it's a fact that my sons were very supportive of me, and my wife was always there for me, although truly distinguished in her own accomplishments," he said.

He also expressed his much appreciated support of all Team Beale mem-

bers.

"I have come to learn the only way that I can handle the increased responsibility is to rely on the expertise and absolute skill of every one of you," he said.

Wrapping up the ceremony, the general went on to describe how Team Beale contributes daily to the Global War on Terror.

"Team Beale, your dedication and perseverance makes a difference everyday, from Iraq to Afghanistan, Korea to places unnamed; your efforts continue to make a profound difference. It is my pleasure to serve along side you," he said. "We continue to win on every front on the war on terror; I truly believe that is because those of you here have had such a powerful and positive effect."

Lt. Gen. Robert Elder, 8th AF commander, officiated the ceremony Sept. 22 at Langley AFB, Va.



2nd Lt. Ashley Peltier, 9th Reconnaissance Wing, and Airman 1st Class Dustin Babcock, 9th Services Squadron, assist in the "pinning on" of Brig. Gen. H. D. Pumbo Jr.'s first general star during his promotion ceremony Monday. (Photo by John Schwab)

Beale holds safety day

By Tech. Sgt. John Asselin
9th RW Public Affairs

Team Beale holds a safety day today for all base units, as well as a safety fair at the midpoint of the day.

"The goal of this safety day is to discuss General Pumbo's number one goal of reducing mishaps by 75 percent by 2008, per direction from the Secretary of the Air Force," said Lt. Col. Michael Glaccum, 9th Reconnaissance Wing chief of safety.

The safety day is focused on getting people ready for a safe winter season, according

to Freddie Flemming, 9th RW ground safety manager.

"We want people to stay aware and to be all-around careful at work and at home," Mr. Flemming said. "So, during the safety fair, we're going to get people thinking about winter safety. There will be information on conditioning and equipment use for winter sports. We'll also have information on driving during the winter season and preventative maintenance for vehicles."

The safety day starts in the morning with an opportunity for squadrons to have safety

see SAFETY page 12

Annual CFC starts Monday at Beale

By Airman 1st Class George Cloutier
9th RW Public Affairs

The 2006 Combined Federal Campaign kicks off Monday at Beale.

The campaign, which will run through Nov. 10, is the sole opportunity for outside charitable organizations to solicit federal employees. It is also an opportunity for Team Beale to help charities in the local area as well as organizations on base.

"This is a one-of-a-kind opportunity for Beale," said 1st Lt. Tim Brodman, Beale's 2006 CFC project officer. "The amount of money and the difference that money can make, especially here at Beale, is pretty mind boggling when you think about it."

Among the list of charities on the 2006 campaign, five of them directly contribute to

Beale programs and facilities:

- The Child Development Center Provides a year-round developmental program for infants and children 1 to 5 years of age of military and civilian employees assigned to Beale.

- The Community Activity Center is a center of cultural, social, educational, and creative activities, designed to meet the leisure needs of members of the Air Force and their families.

- Friends of Family Support provides community outreach services to military members and families, i.e. deployment support, new spouse orientation, newlywed adaptation and volunteer recognition.

- Operation Warm Heart provides year-round assistance to Beale AFB in the form of

see CFC page 3

INDEX

Editorial: Page 2
News: Pages 3-4
Community: Pages 5-9

Features: Page 10
Services: Pages 18-19
Classifieds: Pages 20-21

A town hall meeting is
scheduled for Oct. 17
at 6:30 p.m.
at the Community Center

The Beale Safety Fair
is today at 11 a.m.
at the Community Center

OPEN LINE



The Open Line is your direct line to the 9th Reconnaissance Wing commander. The Open Line is used to ask questions, make suggestions, or give thanks for a job well done. The most efficient way to solve an issue is to work through the relevant office and use the chain of command. If you are unable to resolve the issue, or are not satisfied with the response, call the Open

Line. If you would like to receive a response, leave your name and phone number with your message. Open Lines of general interest will be published in the High Flyer; others will be answered by letter, phone or in person.

Open Line number:

634-8888

Open Line e-mail:

9RWPA@beale.af.mil

Brig. Gen. H. D. Pumbo, Jr. is the 9th Reconnaissance Wing commander at Beale. (Photo by John Schwab)

Why do we do this to ourselves?

By Col. Michael Higginson
940th Mission Support Group commander

It's 4:45 a.m. Saturday morning of a unit training assembly weekend, and you're the only one awake in your house. You hit the start button on the coffee maker, shower and put on your uniform. You give your spouse or significant other a peck on their still-asleep face, fill up your to-go cup with coffee and hit the road.

Your friends are all still in bed. The only reason they'd be up this early is to go fishing or hunting. But you're going to drive an hour and a half, sign in, run a mile and a half, get a typhoid shot, take a career development course test, go to a commander's call, attend a training session or two, work at your duty station for several hours, sign out and drive back home.

Sunday is going to be pretty much the same, and then you roll right into Monday and you're headed back to the civilian job. And on top of all that, if you haven't recently deployed

for an extended period of time, chances are good that you will soon. So, why are you doing this to yourself? Money? Fame and glory? Probably not.

The answer to the "why" in a reservist's life is probably a little complex. We do what we do for a combination of reasons that usually adds up to an answer larger than the sum of its parts.

We usually enjoy the field we serve in — security forces folks usually like law enforcement, pilots like flying, etc. We usually like the people we work with in our Reserve assignments. They are a separate set of friends from our civilian friends and, hey, the more friends the better.

We are generally proud of the work we do and it makes us feel good. We can see the results of our labor and it gives us a feeling of worth.

Our civilian friends often admire us for our dedication and we all like admiration. And, yeah, they do pay us something (albeit, some more than others and often not enough), and don't forget the typhoid shots are free.

But I think the real answer to the "why" is often very private and much more noteworthy. I can sum it up for myself with this quick anecdote about my dad.

Dad was a Kentucky boy and former coal miner who joined the Army Air Corps during World War II. He worked in aircraft maintenance his entire 30-year career and retired as a chief warrant officer. Dad was one of only 17 CWO4s remaining in the Air Force at that time.

After he retired he began to suffer terribly from Alzheimer's or dementia. When I took him golfing for the last time, he had reached the point in his disease where he didn't even recognize me, his oldest child. Dad was 80 years old at the time, three years before his death.

At the pro shop on this last father-son golf outing, I paid both of our green fees and started for the first tee. As I walked away from the counter, my dad opened his old wallet and took out the \$20 bill my mom always made sure he had with him. He gave it to the clerk who had just

taken my money.

The clerk told my dad, "Your friend has already paid for your golf." My dad looked at the clerk as he handed him his \$20 and said, "I want you to take this and buy a new American flag. The one you're flying out front is faded and ragged and when you fly that flag, you should fly it right."

Well, I retrieved Dad's \$20 from the dumbfounded clerk on the way out, but we were only able to stumble and fumble our way through three holes of golf before we called it quits. But that morning my beautiful old man, who didn't even recognize his own son or the game he had loved for 50 years, did somehow remember the wonderful pride he felt for the flag that represented his country.

This story makes it a little easier for me to hit the button on that coffee maker on a unit training assembly morning. I also think it helps explain why many of us continue to do this work. My dad would be proud of all of our citizen warriors and he would thank you as I am.

Sortie Update			
as of Sept. 12			
	1st RS	99th RS	
Aircraft	U-2	T-38	U-2
Goal	55	225	113
Flown	21	85	53
Ahead/Behind	-1	1	7

BAADD SAVES

99

THIS YEAR

CALL **634-5555**

FOR A SAFE RIDE HOME



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<http://highflyer.theunion.com>

CFC from page 1

direct financial assistance.

A major focus is financial assistance during the holidays.

- Chief Master Sgt. Richard A. Gauvin Memorial Scholarship Fund, established in memory of Chief Master Sgt. Gauvin for dependents of active duty, Air National Guard and Reservists in the munitions career field.

"The CFC contributions have helped the Airman and Family Readiness Center, formerly the Family Support Center, with numerous events that can't be funded by the regular Air Force budget," said Theresa Banks, 9th Airman and Family Readiness Center superintendent.

"Some of the events we use the CFC funds for each year are Angel Tree, Hearts Apart dinners, Military Family Day, Volunteer Appreciation, Spouse Appreciation,

Junior PDF lines and Heart Link," Ms. Banks said.

While the program can greatly contribute to on and off-base programs, none of the possible benefits can be realized if no one participates.

"The scope of this project is great," Lieutenant Brodman said. "As long as the unit points of contact for the campaign are making their people aware of the fact that the project is going on, and what it's going towards, the program will be a great success."

In order to make the project a success, unit key workers should take a personal approach to the campaign, according to the lieutenant.

"We need to make sure we're getting the necessary interface and this will be a success," he said.

For more information, contact your unit's key worker.



A night at the ball

Brig. Gen. H. D. Polumbo Jr., 9th Reconnaissance Wing commander, Capt. Monika Lunn, 9th Medical Support Squadron, Capt. Alisha Henning, 9th MDSS and Sandra Polumbo smile for a quick picture during the Air Force Ball on Saturday at the Recce Point Club. (Photo by Airman 1st Class George Cloutier)

WARRIOR SPOTLIGHT

Senior Airman Katrina Taylor

Unit: 13th Intelligence Squadron

Job: Integrations specialist and Chinese linguist

Hometown: Richmond, Va.

Air Force goals: To improve my language skills

Time in the Air Force: Four years, nine months

Hobbies: Fishing, skiing, inner tubing, dancing, shooting and cooking

The thing I like best about Beale

AFB: I like the location of the base the most. We are fairly close to a lot of real nice areas.



Senior Airman Katrina Taylor, 13th Intelligence Squadron, is currently attending Airmen Leadership School. (Photo by Airman 1st Class George Cloutier)

Planning a vacation?

Need to get away?

visit <http://www.afvclub.com>



CMSAF sends AFSO 21 message to Airmen

By Chief Master Sergeant of the Air Force Rodney McKinley

Everyday we see smart, motivated and brave Airmen striving to make a difference. With more than 24,000 Airmen from our total force deployed and those at home station focused on supporting the war fighter, our operations tempo is high and will remain that way into the future.

Added to our operations load are genuine concerns from our Airmen about balancing the mission with the impending drawdown of 40,000 Airmen. The reality is that our budget must focus on recapitalizing and modernizing our aging equipment for the future while at the same time, we do whatever it takes to win today's War on Terror.

The demands of these realities make it more essential than ever for Airmen who are already contributing maximum effort to ensure their time and energy are being used wisely. From the smallest tasks to the most complex, we need to take a hard look at what we do and why we do it.

Air Force Smart Operations 21 gives us the tools we need to shed unneeded work and make sure every Airman's efforts are focused on work that contributes directly to the mission. The proven principles of AFSO 21 allow us to evaluate every process we do against the value it brings to the mission of the organization. If there's no value added by a task, we can't afford to do it—it's as simple as that.

We are committed to creating a culture within our Air Force that gives each Airman the power to improve processes they are involved with. From the newest Airman through our most senior officers, we all have a responsibility to elevate ideas that will make the quality of our work and those we supervise better and more relevant to today's fight. Our front line leaders are key to our success. NCOs and junior officers who lead workgroups must embrace AFSO 21 tools and use them in order for our Air Force to become more productive with our time, tools and talents.

We are at the beginning of the AFSO 21 journey,

but I am excited about the strides we are making. Already success stories are flowing from around our Air Force of even the youngest Airmen using AFSO 21 principles to make things better.

From the flightline to the dining halls, from offices to back shops and hangars, Airmen around our Air Force are discovering that using AFSO 21 tools to make small changes in their processes can make big impacts in productivity. They are using AFSO 21 to make their operation safer, more reliable and more productive.

I encourage each of you to seek out web sites, news articles and senior leader viewpoints about AFSO 21 and explore what it can do for you. Find out how it can help you improve the way you do business. Take advantage of the AFSO 21 training opportunities that are coming your way, and turn those opportunities into action.

Our Air Force is counting on your persistence, ingenuity and skill to ensure that everything we do brings value to our service, and to the nation we serve.



A 'ruff' life

During a recent visit to Manas Air Base, Kyrgyzstan, the president and prime minister of Kyrgyzstan watched a K-9 demonstration given by Team Beale's own Tech. Sgt. Brandon Peters, 9th Security Forces Squadron military working dog trainer, Staff Sgt. Scott Pfister, 9th SFS military working dog handler and 9th SFS military working dog, Ffella, and Staff Sgt. Danielle Russell, 9th SFS MWD handler, and 9th SFS MWD, Jimmy. President Bakiyev and Prime Minister Kulov took part in events devoted to the 5th anniversary of the tragedy that happened on 9/11. (Courtesy photo)

Emeril sponsors cooking contest

By Ashley Farrell
American Forces Press Service

WASHINGTON — If you're currently a chef on active duty in the armed forces, TV cooking-show icon Emeril Lagasse wants your favorite recipe.

Emeril is looking for a military chef who has the right recipe and knows how to use it.

Any military chef who has a favorite dish can enter the first Military-Only Emeril Cooking Contest. Recipes ranging from jambalaya or marinated steak to specialty pies and appetizers all have a chance of winning.

"I have great respect for our men and women who serve in the military," Emeril said. "I also understand the challenges their chefs face stationed all over the world. We created this contest to acknowledge their hard work and dedication."

Emeril will pick his favorite entries, which will be used in an upcoming show. Recipes must be original creations and will be judged on creativity and, above all, taste.

The idea for the contest came from the show's great experience with the men and

women of the armed forces, Karen Katz, a producer for the "Emeril Live" program, said. An aircraft hangar at McGuire Air Force Base, N.J., was the taping site of one of 2005's best "Emeril Live" shows and "was a huge success," she said.

"We have continued to have great experiences with the military when they have been included on the show, so when the idea for the military-only cooking contest came up, we all were on board," Ms. Katz said.

The contest started at 9 a.m. Eastern Time Sept. 25 and ends at 5 p.m. Oct. 9.

Interested chefs can enter by visiting the Food Network Web site at www.foodnetwork.com and completing an entry form online that outlines personal and military background and the recipe.

Participants must be at least 18, U.S. residents and active-duty servicemembers.

"We are anxious to see what is being served out there," Ms. Katz said. "We are always amazed by what America is cooking and are excited to include chefs of the armed forces."

Community Briefs

Deadline for High Flyer submissions

The deadline for submissions to the High Flyer is Friday the week prior to the desired publication date. Submissions are printed on a space available basis.

Submissions after the deadline will not be published until the following week. News briefs will run for no more than three consecutive weeks.

For questions or more information, call 634-8887.

Mosquito fogging

The 9th Civil Engineer Squadron will be fogging the flight line Tuesday from 6 to 7 a.m. Main Base and base gates will be fogged on Wednesday from 6 to 7 a.m. Base housing will be fogged on Thursday from 6:30 to 7:30 p.m.

Please ensure that persons avoid the fogging truck and direct exposure to the fog.

For more information, call 634-2714.

Commissary holiday hours

The Beale Commissary will implement a new holiday schedule beginning in October. The commissary will be closed on the Tuesday following Columbus Day, Christmas, New Year's Day, Martin Luther King Day, Presidents Day, Memorial Day and Labor Day. The commissary will be closed on Thanksgiving and the 4th of July, but will be open Veterans Day.

For more information, call the commissary at 634-2422.

Separating Airmen

Thinking of leaving the Air Force? The key to transition success is knowledge of available services and a firm understanding of how to use them. During pre-separation counseling, Airmen will learn about

their benefits and rights, as well as available services.

For more information or to schedule an appointment, call the Airman and Family Readiness Center at 634-2863.

U-Fix-It operations hours

The U-Fix-It store, located on Flamingo Court, is now open Tuesdays through Saturdays from 9 a.m. to 5 p.m.

For more information, 788-1470.

Housing Inspection schedule

Contact the housing office as soon as possible upon notification of orders and a minimum of 45 days prior to preferred check-out date.

For more information, call 634-2793 or 634-2794.

NCO retraining program

Air Force officials have announced the start of the Fiscal Year 2007 NCO retraining program.

The program will target approximately 1,113 NCOs to retrain from Air Force Specialty Codes with NCO overages to AFSCs with NCO shortages.

If necessary, an involuntary phase will begin shortly afterwards.

Some restrictions apply, depending on grade and AFSC.

For more information, call your local Commander Support Staff.

OB Orientation

Obstetrician Orientation is a class for all expectant parents and is held the first Thursday of every month from 5-7 p.m. in the clinic conference room at the base clinic.

Open to all ranks, this class will provide information and resources pertaining to prenatal care, first, second and third trimester, healthy eating tips and how to have a happy, healthy pregnancy.

For more information or to register, call Roberta Trumm at 634-0626.

AF flying training

Applications are now being accepted for the Air Force undergraduate flying training program. For more information, call the base formal training element at 634-8710.

For general information on UFT, call DSN 665-2330

Cell phone use

Vehicle operators on Beale and operators of government-owned vehicles are not allowed to use cell phones unless using a hands-free device or the vehicle is safely parked.

Each violation is worth three points against base driving privileges.

For more information, call the 9th Security Forces Squadron at 634-2111.

Wingman training

Wingman training is scheduled for Tuesday at 8 a.m. Attendees can learn to be an outstanding wingman to a Beale member on their return from a deployment. Class is held at the Airman and Family Readiness Center.

For more information or to register, call 634-2863.

Credit class

A credit class is scheduled for Oct. 12, from 2 to 4 p.m. Students can review a credit report with a certified credit report reviewer and learn how to improve credit and correct errors in a credit report. This interactive computer training is located in the computer room of the Education Center. Attendees are asked to bring the most recent Leave and Earning Statement, all their bills and a current bank statement.

For more information or to reserve a space, call 634-2863.

Bundles for Babies

Bundles for babies is scheduled

for Oct. 18 from 5 to 7:30 p.m.

Any active duty Air Force and family members about to have a baby are invited to attend. Instruction includes tips on prenatal care, what to expect when expecting, financial changes and planning, avoiding scams that target new parents and coping with stresses of new parenthood.

For more information or to register, call 634-2863.

Yuba levee repairs - road closures

Simpson Lane is scheduled to be closed on Oct. 9 for 10 days. Hampton-Smartsville Road will close after Simpson Lane is reopened and is scheduled to be closed for two weeks. McGanney Road is now closed indefinitely.

Volunteer of the Quarter

The Volunteer of the Quarter award has been established to recognize Beale personnel for their volunteer service and to enhance their visibility throughout the base.

The award consists of four categories: military, civilian, community and youth volunteer. All military, federal civilians, family members and retirees are eligible to be submitted for the award.

Awards should be submitted on an Air Force Form 1206, Nomination for award, in an original and four copies. Nominations should be limited to five to 10 bullet statements highlighting the volunteer's most significant accomplishments within the July to September quarter.

All packages are due to the Airman and Family Readiness Center by Oct. 5. For more information, call Elizabeth Kim at 634-2863.

Alzheimer's memory walk

An Alzheimer's memory walk is scheduled for Oct. 7 at the Califor-

see COMMUNITY, page 6

COMMUNITY from page 5

nia state Capitol building.

The walk is held every year in an effort to raise money for Alzheimer research.

For more information or to make a donation, call 634-4848. or visit <http://www.alz.org/memorywalk>.

Employment Opportunities at the Beale Chapel

The Beale Chapel is hiring for the following positions: Catholic religious education coordinator, Protestant religious education coordinator, 9 a.m. praise service musician, 9 a.m. praise service music director, 11 a.m. gospel service music director, 11 a.m. gospel service musician, 10:30 a.m. Catholic Mass musician and a 5 p.m. Catholic Mass musician.

For more information, call Senior Airman Brian Ramirez at 634-4701 or Staff Sgt. Joseph Cook at 634-2472.

Hispanic Heritage Month events

In celebration of Hispanic Heritage Month, a car wash fundraiser is scheduled for today from 10 a.m. to 2 p.m. in the Base Exchange parking lot.

A free Latin dance is scheduled today from 9 p.m. to 1 a.m. at the Recce Club.

A Hispanic Heritage luncheon is scheduled for Oct 12 from 11:30 a.m. to 1 p.m. at the Recce Point-Club.

For more information, call Master Sgt. Alicia Hatch at 634-0830.

Wireless internet

Wireless high-speed internet will soon be introduced in the Gold Country Inn Lodging Facility, Temporary Lodging Facilities, Visiting Airmen's Quarters and Visiting Officer's Quarters.

For more information, call Tech. Sgt. Terrel Love at 634-5106.

Stress management

The Mastery of Anxiety and Stress class is held the first Thursday of every month from 2 to 4 p.m. at the Health and Wellness Center.

This class offers a broad range of relaxation techniques designed to help effectively combat the stress and strains of everyday life.

For more information, call 634-3500.

Relaxation room

Unwind in the Health and Wellness Center's ergonomic massage chair. The massage chair is available on a walk-in basis throughout the week.

For more information, call the HAWC at 634-3500 or e-mail at 9mdg/sgoaz@beale.af.mil

Tobacco cessation

The Health and Wellness Center offers a free tobacco cessation program.

This program focuses on identifying and changing the tobacco use habit of addiction in conjunction with the American Lung Association. To register or for more information, call the HAWC at 634-3500.

mation, call the HAWC at 634-3500.

Youth soccer

Youth soccer games are held every Saturday from 9 a.m. to noon at the soccer fields behind the Youth Center.

For more information, call the Youth Center at 634-4953.

Administrative Support Flight hours

The operating hours for the 9th Support Division's administrative support flight are 7:30 a.m. to 4:30 p.m. Monday, Tuesday and Friday and 8:30 a.m. to 4:30 p.m. Wednesday and Thursday. Although the doors close at 4:30 p.m., customers needing assistance from Omega World Travel, TMO Passenger Travel, Personal Property counselors and identification cards are requested to arrive in time to complete their transactions prior to closing.

Customers must be aware that the sign-in lists for these services may be closed earlier than 4:30 p.m. when there is a backlog of customers waiting. If planning a late visit it is recommended to call ahead at 634-3187.

For more information or questions, call Bill Hoerman at 634-5134.

Annual health fair

Beale's annual health fair is scheduled for Oct. 26 from 10 a.m. to 2 p.m. at the Community Center. There will be over 30 vendors, screenings for cholesterol, diabetes,

blood pressure and more.

For more information, call 634-3500.

GOV service station closure

The government owned vehicle service stations are closed Saturday.

For more information, call Staff Sgt. Joshua Cash at 634-9295.

Enlisted dining in

The enlisted dining-in is scheduled for Oct. 27. Volunteers are needed.

For more information, call Master Sgt. Dennis Schmitt at 634-8395.

Airmen professional enhancement seminar

An Airmen professional enhancement seminar is scheduled for Nov. 14 and 15. For more information, call Staff Sgt. Gavin Christiansen.

Breastfeeding support group

A free breast feeding support group is open to all women Mondays at 9:30 a.m. at the Foothills Chapel.

For more information, call Julie Mathews at 788-7660.

FTAC team leader wanted

The First Term Airmen Center is now accepting applications for a high-caliber staff sergeant to act as role model and facilitator for FTAC.

Individuals must display exemplary dress and appearance, have a fitness score of 75 or higher and epitomize the Air Force Core Values.

see BRIEFS, page 7

Sept. 24 AFDOKU Solutions

USAF	AETC	ACC	AFSPC	AFMC	AMC	AFRC	PACAF
ACC	AFSPC	PACAF	AETC	AMC	AFSOC	AFMC	USAF
AMC	AFRC	AFSOC	AFSOC	PACAF	USAF	AFSPC	AETC
PACAF	AMC	ACC	AFMC	AETC	AFSPC	AFRC	USAF
AFMC	USAF	AFSOC	PACAF	AFRC	AMC	ACC	AFSPC
AETC	AFRC	AFSOC	ACC	PACAF	AMC	AFMC	
AFRC	PACAF	USAF	AFSPC	ACC	AETC	AFMC	AFSOC
AETC	ACC	AFSPC	AMC	AFMC	AFSOC	USAF	PACAF
AFSOC	AMC	AFRC	USAF	ACC	AFSPC	AETC	

Sept. 24 Puzzle Solution

S	H	E		H	A	S	
S	C	O	T	T	P	A	S
B	A	A	B	A	A	U	N
A	L	U	M	L	I	A	R
P	A	R		G	I	G	
O	K	I	E	J	A	M	E
E	A	G	L	E	T	E	A
L	O	W		O	L	D	
B	A	I	L	E	Y	W	R
E	R	I	N	L	E	M	A
N	O	R		A	N	G	
T	W	I	T	A	G	O	N
N	E	S	T	L	E	E	V
R	A	R	E	R	E	A	R
R	Y	E		S	T	E	

BRIEFS from page 6

For more information, call Tech. Sgt. Jeanna Rogers at 634-3866.

Applications are due no later than Oct. 20.

Personal Property Household Goods office hours

Effective Oct. 9, the Administrative Support Flight's TMO Personal Property Element will shift to a combined walk-in and appointment

system for inbound and outbound household goods to provide better service.

For inbound shipments, the Personal Property Element does not have authority to arrange for delivery, Travis Air Force Base is the designated shipping office.

Customers needing to arrange inbound deliveries should contact Travis TMO at 707-424-8181/3189

or DSN 837-8181.

For outbound household goods needs, and local moves, call 634-2932 to set up an appointment.

All paperwork will be completed during the appointment to eliminate multiple trips and forwarded to Travis to set up the packing date. Appointments will be set up between 8:30 to 10:30 a.m. and 1 to 2:30 p.m. Monday through Friday.

Walk-in hours will be from 11 a.m. to 1 p.m. and 3 to 4 p.m. Monday through Friday.

Customers dropping off personally procured move paperwork and other miscellaneous actions may do so during normal hours but customers with appointments will have priority during appointment hours.

For more information call 634-2932 or 634-2936.

Time for a change!



It's About Responsible Choices



Here comes Santa Claus

After getting off his fire truck, Santa Claus greets children and hands out free coloring books in front of the Base Exchange during the Toyland grand opening Sept. 16. Toyland is located inside the BX near the back and provides more toys for purchase during the fall and winter months. (Photo by Sara Mortimer)

Foothills Chapel

*15001 Camp Beale Highway
(Family housing area)*

Protestant "Praise" worship service
Sundays, 9 a.m.

(includes "Parents' Nursery" and
children's church)

Catholic Mass

Sundays, 10:30 a.m. and 5 p.m.

Catholic Reconciliation

Sundays, 10 a.m. and 4 p.m.

Catholic daily Mass

Mondays through Fridays, 11:30 a.m.

Valley Chapel

6199 C St. (Main base)

Islamic worship

Every other Friday, 1 p.m.

Gospel Protestant worship service

Sundays, 11 a.m.

(includes children's church)

Protestant Programs: Sunday School (10:30 a.m.) at Lone Tree Elementary. AWANA on Mondays and JV-Varsity on Tuesdays, 6-8 p.m. at Foothills Chapel. Protestant Youth meets Tuesdays at 5:30 p.m. at the Valley Chapel and Sundays at 6:30 p.m. at Foothills Chapel.

Protestant Bible Study Groups: Men - Second & fourth Sunday, Valley, 5 p.m. and Wednesday, Valley, 7 p.m. Women - Tuesday, 9-11 a.m. Foothills (children welcome) Thursday, 6:45 to 8 p.m., Valley.

Catholic Programs: Religious Education - preschool-12, Sundays 9 a.m. at Lone Tree Elementary School. RCIA, Catholic Youth, CWOC, CMOC and Adult Bible Study call Leila at 634-4707.

MOPS (Mothers of Preschoolers): Second & fourth Thursdays at Foothills Chapel.

Questions concerning marriages, baptisms, choirs, Navigators, and Officer Christian Fellowship can be directed to the chapel staff at 634-4701.

Beale movies

634-3165



Friday evening Fast and the Furious 3 (PG-13)

Lucas Black, Shad Moss

Sean Boswell is an outsider

who attempts to define himself as a hot-headed, underdog street racer. Although racing provides a temporary escape from an unhappy home and the superficial world around him, it has also made Sean unpopular with the local authorities. To avoid jail time, Sean is sent to live with his gruff, estranged father, a career military-man stationed in Tokyo. 90 min.



Saturday evening Cars (G)

Owen Wilson, Paul Newman

Lightning McQueen, a hotshot

rookie race car driven to succeed, discovers that life is about the journey, not the finish line, when he finds himself unexpectedly detoured in the sleepy Route 66 town of Radiator Springs. On route across the country to the big Piston Cup Championship in California to compete against two seasoned pros, McQueen gets to know the town's off-beat characters--including Sally, a snazzy 2002 Porsche, Doc Hudson, a 1951 Hudson Hornet with a mysterious past, and Mater, a rusty but trusty tow truck voiced, who help him realize that there are more important things than trophies, fame and sponsorship. 116 min.



Wednesday evening Garfield: Two Kitties (PG)

Bill Murray, Jeniffer Hewitt

When Garfield follows his own-

er, Jon Arbuckle, to England, the U.K. may never recover, as Garfield is mistaken for a look-alike, regal cat who has inherited a castle. Garfield savors the royal treatment afforded by his loyal four-legged subjects, but his reign is in jeopardy. The nefarious Lord Dargis is determined to do away with Garfield, so he can turn the castle into a resort. Garfield's bigger, better, more purr-fect world is soon turned upside down in this tale of two kitties. 80 min.



Base lodging goes high speed

(Left to right) Capt. Vince Shelton, 9th Services Squadron commander, Libby Hobson, 9th SVS lodging manager, and Tech. Sgt. Terrel Love, 9th SVS NCO-in-charge of training, break ground Sept. 20 to celebrate the new trenching project that will facilitate a needed in-ground housing system for all conduit lines, electrical and fiber-optic lines and junction boxes necessary for high-speed internet access connectivity for lodging facilities. The trenching project is a part of a multi-phase plan to implement high speed capability in base lodging. (Photo by Tammy Berard)

**Movies are being shown at the
Community Center as the Beale Bijou
undergoes renovations.
Evening movies play at 6 p.m.
unless otherwise specified.
The cost is free.**

Servicemembers shine during NFL game

By Tech. Sgt. Ben Gonzales
Air Force Print News

HOUSTON — The National Football League's Houston Texans honored American servicemembers during its Salute to the Military at the game against the Washington Redskins at Reliant Stadium here Sunday.

Starting with pregame activities and throughout the game, military members were spotlighted as part of the Texans' military appreciation day during the Redskins 31-15 victory over the Texans.

The military's presence was evident, from the parking lot to the stands and even on the field as servicemembers were recognized for fighting the war on terrorism.

Outside the stadium before the game, military recruiters talked to citizens about the benefits of serving.

Numerous uniformed members were invited to the game by the team.

Marine Corps Sgt. Michael Huntley, a military working dog handler from Marine Corps Base Quantico, Va., was invited by the Texans to meet people in the parking lot and to be welcomed on the field during pregame ceremonies. Sergeant Huntley returned in June from serving seven months in Ramadi, Iraq, as part of an explosive detection dog team. He was tasked with finding improvised explosive devises.

"The support is outstanding and shows everyone's thinking of us," said the 25-year-old Marine from Fairfax, Va. "I feel appreciated for what I do and that I make a difference. This experience confirms it."

"I really support everything they do," said Kathryn Currier, a Texans fan who talked to many military members during tailgating before the game. "Without (military servicemembers) we couldn't be enjoying the game and our freedom."

Football fans did not just get to meet servicemembers, they also got to hear from those in uniform, too.

Texans officials selected

Army Staff Sgt. Santantoniano Smith from the Houston Recruiting Battalion to sing the national anthem in front of more than 70,000 fans and a regionally-televised audience.

"I haven't done anything this big before," said the seven-year Army veteran who is a native of LaGrange, N.C. "It is great to be supported by the NFL and the Texans. It's a pleasure to know there are people out here who support what we do."

As Sergeant Smith sang the national anthem, a joint service color guard from the Houston area stood behind him with the nation's colors and services flags, and 200 Soldiers, Coast Guardsmen, Sailors, Marines and Airmen unfurled a football-field sized American flag.

Following the "Star Spangled Banner" was the coin toss. On hand to witness the coin toss was Brig. Gen. Mark O. Schissler, the director for the war on terrorism in the Joint Staff Strategic Plans and Policy Directorate in Washington, D.C. Also present for the coin toss were Marine Sgt. Tony Martin and Marine Cpl. Dale Gargave who escorted Purple Heart recipient Marine Cpl. Steven Schulz.

Showcasing its professionalism at halftime was the Marine Corps Silent Drill Team that marched on the field and demonstrated its rifle skills without uttering a word. The audience gave a thunderous ovation at the completion of its performance.

Texans officials also selected Army Capt. Brandon Teague as its hometown hero for the day. The Houston native is a company commander with Bravo 2504 of the 82nd Airborne Division from Fort Bragg, N.C.

The captain was chosen for the award after serving a tour in Iraq and two tours in Afghanistan.

"Without the support from my family and Americans who support the troops, it would be more difficult to do our job," said Captain Teague. "It is great to see such a huge venue supporting the troops from my hometown."



An Air Force member, along with 199 other servicemembers, pull out a football-field size flag during pregame events of the football game between the Houston Texans and Washington Redskins at Reliant Stadium in Houston on Sunday. The game was designated as the Houston Texans' Salute to the Military day by team officials.
(Photo by Tech Sgt. Cecilio Ricardo)

Controlling cholesterol combats deadly heart disease

By Senior Airman Cory Philp,
Health and Wellness Center

Some people in their twenties may not worry about heart disease. However, research now shows that a fatty plaque buildup in the heart's arteries can begin early in life.

The plaque buildup that causes a heart attack at age 60 begins to form in when a person is in their early 20's. A heart-friendly lifestyle and high-risk awareness may help to avoid complications and problems later in life.

Heart disease is the nation's number one killer, taking one life every 34 seconds. Most people will have no symptoms until it is too late. Some people may be at risk and not even know it. A cholesterol, or lipid, panel will list a person's total cholesterol number in addition to their Low-

Density Lipoprotein, High-Density Lipoprotein, and triglyceride levels. The following table shows desirable levels:

Component	Goal
Total Cholesterol	<200 mg/dl
LDL Cholesterol	<100 mg/dl
HDL Cholesterol	>60 mg/dl
Triglycerides	<150 mg/dl

Cholesterol is a fatty substance produced by your liver. The human body needs some cholesterol to properly function, but the liver makes all that it needs. The amount a body will produce is influenced by genetics and diet.

Diets that are high in fats or saturated fats cause the liver to produce too much cholesterol, which will increase the amount of cholesterol in

the blood. Blood cholesterol that is too high will contribute to the development of fatty buildup in the arteries which can eventually lead to a stroke or heart attack.

There are many factors that can influence the risk for heart attack or stroke. Most can be modified. Tobacco use is one of these risk factors. Smokers are two to three times more likely to have a heart attack than non-smokers.

Also maintaining a healthy body weight with 30 to 60 minutes of moderate activity, at least three times per week, can significantly decrease a person's risks.

The Health and Wellness Center is a resource available to help those interested in reducing their cholesterol levels. The center offers classes on exercise and cholesterol reduction. For more information, call 634-3500.



Building happiness

Airman 1st Class Elizebeth Harris, 13th Intelligence Squadron, repairs the siding of a Sacramento home during a Habitat for Humanity event Saturday. Over 10 Beale Airman gave of their time to help others in the Sacramento community. (Courtesy photo)



Welcome home

Staff Sgt. Joseph Murphy, 9th Aircraft Maintenance Squadron, gets a welcoming kiss from his wife, Michelle, and a hug from daughter, Hannah. Over 30 9th Maintenance Group troops returned Sept. 21 from their four month deployment in Southwest Asia. While deployed they provided U-2 and Global Hawk support for the Global War on Terror. (Photo by Tech. Sgt. Shane Griego)

History: Beale welcomes a new mission, wing

By Dr. Coy Cross
9th RW Historian

Editor's note: This article is part three in a four part series about Beale's history.

The worry that Beale might close after the Titan missiles inactivated was short-lived. Headquarters Air Force announced in February 1964 the base would continue, possibly with a new mission. When President Lyndon Johnson revealed the existence of a new, high-performance, high-altitude reconnaissance aircraft, the SR-71, rumors quickly spread that it was coming to Beale. The Marysville Appeal-Democrat's Oct. 8 headline proclaimed "New Secret Aircraft for Beale." A week later the Defense Department confirmed the headline.

The SR-71 "Blackbird," which flew above 80,000 feet at more than three times the speed of sound, would need new specialized facilities and space for 2,000 more people. Under the code name "Blue Light Project," crews began immediately renovating a headquarters building, parking areas, maintenance docks, and other flightline areas. New buildings for physiological support and maintenance soon appeared. Contractors enlarged

the hospital and the NCO club and added 337 new housing units, a new chapel and replaced the trailer park. The total cost for "Blue Light" exceeded \$8.5 million.

The SR-71's parent organization would be the 4200th Strategic Reconnaissance Wing, which was activated on Jan. 1, 1965. The new wing's first aircraft, a T-38 "Talon," arrived on July 8, 1965. By January 1966, everything was ready. On Jan. 7 aircraft 17957, an SR-71B trainer, landed at Beale with wing commander Col. Doug Nelson at the controls and Lt. Col. Ray Haupt in the back seat. The large welcoming crowd included the Blackbird's designer Clarence "Kelly" Johnson.

For the next 24 years the SR-71 photographed some of the most heavily-defended targets in the world, including Hanoi and Haiphong. After the Vietnam War ended, SR-71 crews established several speed and altitude records that still stand. Maj. James Sullivan and Noel Widdifield flew from New York to London in one hour, 55 minutes, and 42 seconds. Captain "Buck" Adams and Major Bill Machorek covered the 5,645 miles from London to Los Angeles in three hours, 47 minutes. Later flights established the world's closed-course speed record at 2,092 miles per hour and the

straight-course record at 2,194 miles per hour. The SR-71 also set the record for horizontal flight at 85,131 feet. By 1990 budget constraints forced the Blackbird's retirement. Although it enjoyed a brief resurgence in 1995-96, the rebirth was at Edwards AFB, Calif., not at Beale.

While the SR-71 lasted for 24 years at Beale, its first parent wing did not. In October 1965, 15th Air Force suggested replacing the 4200th Strategic Reconnaissance Wing with the 9th Strategic Aerospace Wing. The 9th SAW, stationed at Mountain Home AFB, Idaho, had a long and proud history, but had recently lost its mission. Headquarters Air Force and the Strategic Air Command agreed. So on June 25, 1966 the 9th transferred without airplanes or people from Mountain Home to Beale and became the 9th Strategic Reconnaissance Wing. The 1st and 99th Squadrons moved to Beale with the wing.

For the next ten years Beale would host both the 9th Strategic Reconnaissance Wing and the 456th Strategic Aerospace Wing.

After that the 456th would inactivate and Beale would become the center for high-altitude manned reconnaissance.

Team Beale accepts safety challenge

By Lt. Col. Michael W. Glaccum
9th RW Chief of Safety

The next time you pass the safety bulletin board in your work center, take another look at Brig. Gen. H. D. Polumbo's safety goals -- at the top of the list is the Secretary of Defense's mandate to achieve a 75 percent reduction in mishaps by 2008. With this goal as the focus of today's 9th Reconnaissance Wing safety day, let's take a closer look at what it will take for Team Beale to achieve victory in this ambitious effort.

According to the Defense Safety Oversight Council, the DoD experienced over 550 active duty fatalities in 2002 as well as nearly 1.5 million military injuries. This equals 168 active-duty military injuries every hour and a military death every 16 hours as a result of accidents. In the same year, the Class A aviation accident rate nearly doubled resulting in over \$1.8 billion in losses, or a destroyed aircraft every 5.5 days. Faced with these losses in combination with the war on terror, it takes little imagination to understand why the secretary is concerned. After issuing a mandate to reduce mishaps by 50 percent by 2005, the guidance was expanded to include further reduction by 75 percent by 2008.

safety and occupational health fields have voiced their own concerns that this goal is not achievable at our current level of thinking and with our current safety processes. Dr. David Chu, under secretary of Defense for Personnel and Readiness, said in June 2003 that "To impart a cultural change, we need to break the paradigm. Things we did before to reach a certain level will not get us to the next level." Maj. Gen. Stan Gorenc, Air Force Chief of Safety, agreed with this philosophy during his recent trip to Beale when he told the unit safety representatives we would need to think about safety in a whole new way to meet the mishap reduction goals across the Air Force.

Our unique environment at Beale contributes to mishaps in a number of different ways. Most roads leading to base are narrow and winding with an abundance of wildlife often present; the expanded housing markets along Highway 65 have greatly increased the traffic flow while also increasing the number of vehicle accidents; and the increasing popularity of lightweight sport motorcycles have also resulted in an increased number of mishaps, particularly among inexperienced riders less than 26 years of age. Add to this

list winter weather hazards, intramural sports, and the many recreational opportunities in the Sierra Nevada, and you can get a good idea of the factors which contribute to Team Beale's mishap rates.

Simply put, every mishap helps the enemy by taking resources away from the fight. For example, if a coworker breaks their leg in a snowboarding accident prior to a deployment, someone else has to pull another 120-day TDY in their place, further straining Beale's ability to support the war on terror. Likewise, a broken aircraft or disabled vehicle means there is one less tool at our disposal to get the job done. As you can see, our "mission first" mindset requires everyone to use smart risk management when planning any activity, both on and off duty.

How will Team Beale meet the challenge?

You're already taking the first steps today by spending time with your unit discussing the 75 percent goal and the obstacles which might prevent us from reaching it. We need to hear your ideas and initiatives - and then get them in place.

Working together, we can protect and preserve our warfighting ability through 2008 and beyond.

SAFETY from page 1

events and shop-specific safety briefings. "It's an opportunity to brainstorm in the workplace to identify hazards and reduce mishaps," Mr. Flemming said.

From 11 a.m. to 1 p.m., a safety fair will be held at the Community Center ballroom with briefings and displays. Briefings are as follows:

- 11 a.m. - Winter driving safety
- 11:25 a.m. - Conditioning and strength training
- 11:50 a.m. - Winter sports safety and activities
- 12:15 p.m. - Fire safety in the home
- 12:40 a.m. - Child safety in the home

The Green Knights motorcycle club will have information and a display at the Community Center, as well as rider education at the motorcycle range at the Omni.

The safety day will conclude in the afternoon with unit commanders' calls. The commanders' calls will focus on the day's events and stress the 75 percent reduction in mishaps by 2008.

For more information on safety day events in your squadron, contact your unit safety representative.

0-0-1-3

Beale members show off their talents



(Left) Tina, Simona and Alexandria Dumaplin perform an artistic musical demonstration which won them best family act. (Photo by Airman 1st Class Robert Biermann)



(Above) Makayla Curtis, 7, backflips across the Community Center stage during the Beale talent show Sept. 21. Makayla wowed the audience with her gymnastic skills and won best children's act.

(Left) Nerie Cabuco and son, Michael, perform a duet during the Beale talent show. The mother and son duo took home the gold for best parent and youth team act. (Photos by Airman 1st Class Robert Biermann)

Spooky Night BLOCK PARTY



When: Oct. 10, 5-7:30 p.m.

Where: Community Center

Cost: Adults - \$4

Kids 3-15 - \$1

Under 3 - free

Wear your Halloween costume

For more information, call 634-3165.



Salsa and dips

Kris and Rick Rodriguez practice some salsa steps during free salsa lessons at the Community Center. The lessons were given by Airman John Mull, 9th Services Squadron, in celebration of National Hispanic Heritage Month which lasts from Sept. 15 to Oct. 15. (Photo by Airman Robert Biermann)

August, September: Article 15s

The following enlisted personnel were given Article 15's during August and September:

A 9th Munitions Squadron airman basic received a suspended forfeiture of \$450 pay per month for two months, 60 days restriction and a reprimand for violating Article 86 -- absence without leave and Article 92 -- failure to obey order or regulation.

A 9th Aircraft Maintenance Squadron airman first class received a suspended reduction to airman, 15 days extra duty, 15 days restriction and a reprimand for violating Article 86 -- absence without leave.

A 9th Intelligence Squadron airman first class received a reduction to airman basic with reduction below airman suspended, and a reprimand for violating Article 89 -- disrespect toward superior commissioned officer and two specifications of Article 107 -- false official statement.

A 9th Maintenance Squadron airman first class received a reduction to airman basic, forfeiture of \$150 pay per month for two months, and a reprimand for violating Article 92 -- failure to obey order or regulation.

A 9th Aircraft Maintenance Squadron airman first class received a suspended reduction to airman, 15 days extra duty, and a reprimand for violating Article 86 -- absence without leave.

A 9th Operations Support Squadron airman first class received a reduction to airman basic, 20 days extra duty, and a reprimand for violating Article 112a -- wrongful use, of controlled substance.

A 9th Security Force Squadron staff sergeant received a reduction to senior airman, suspended forfeiture of \$1009, 15 days extra duty, and reprimand

for violating two specification of Article 92 -- failure to obey order or regulation.

A 9th Logistics Readiness Squadron staff sergeant received a suspended reduction to senior airman, 14 days extra duty, and a reprimand for violating Article 86 -- absence without leave.

Commanders may suspend all or part of a punishment for up to six months.



If the member fails to meet a condition of the suspension, the commander can remove the suspension and impose the punishment. For example, a member is given a suspended reduction to Airman on May 1. On June 1, that same member fails to meet a condition of the suspension.

The commander can impose the punishment that was suspended and the member is then reduced to Airman effective May 1, the date of the original action. This action is called "vacating" the suspension.



*If you need a wingman
the base Chaplain,*

ONE SUICIDE IS ONE TOO MANY!

		ACC		AFMC		AFRC	
	PACAF	AETC			AFSOC		
AMC							
PACAF		AFMC		AFSPC			AFSOC
		AFSOC					
				ACC			AFMC
AFRC							
		AFSPC	AMC		AFSOC	USAFE	
			AFRC				AFSPC
By Capt Tony Wickman 71st Flying Training Wing Public Affairs							

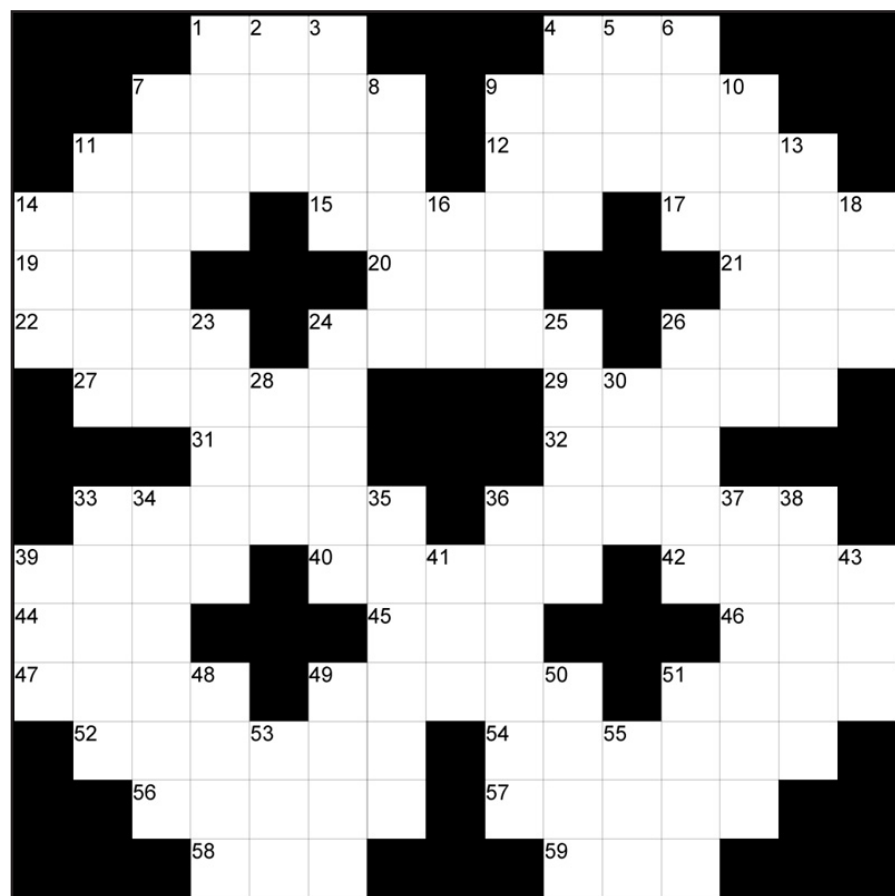
Jenny:

Jenny follows the adventures of a young Air Force spouse determined to overcome the challenges of a military lifestyle. Drawn from the real lives of both contributors and the cartoonist, Jenny's experiences reflect the humor, ingenuity, and sheer determination necessary to be successful as the spouse of an active duty military member. For more comics visit <http://www.jennypouse.com>.

Meet the New Spouse



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Airmen of Note, pt. 3

By Capt Tony Wickman
71st Flying Training Wing
Public Affairs

ACROSS

1. Murder, __ Wrote
4. Owns
7. First enlisted person to have an AF base named after him
9. Italian meal
11. ____ Black Sheep
12. Let go!
14. College grad
15. Fibbers
17. Father of OODA loop and Energy Maneuverability concepts
19. Even golf score
20. Military demerit
21. Formerly
22. ____ from Muskogee
24. First USAF African-American 4-star general
26. Body vesicle
27. F-15
29. Vikings and Dolphins
31. Disconsolate
32. Ancient
33. Beetle ____
36. Brothers first to make sustained, controlled flight (1903)
39. ____ Brockovich
40. AF combat commander and chief of staff, father of

SAC

42. Ireland, formerly
44. Neither's partner
45. Crouching Tiger, Hidden Dragon director Lee
46. AFL-__; labor org.
47. Foolishly annoying person
49. Misery
51. Office equipment distributor
52. Chocolate maker
54. At the same time as
56. More uncommon
57. Equip with better weapons
58. Bread type
59. Sault __ Marie

DOWN

1. Scheme
2. Fireplace shelf
3. Abbrev. meaning other occurrences in a text
4. Danish writer __ Christian Andersen
5. Fire residue
6. Pierce
7. True lizards; including chameleons and geckos
8. Northern Eurasia subarctic, evergreen coniferous forest
9. Liquidate
10. Fictitious name
11. First woman to enlist in the Air Force

13. WWII pilot who survived infamous Bataan Death march; TX base named for him
14. Mil. Foreign address
16. Point at
18. AF org. separated from parent unit
23. WWI flier and charter member of the Order of Daedalians
24. Gem
25. West Side ____
26. Get by begging
28. Computer laugh
30. NY Giant Manning
33. AF chief of staff, chairman of the JCS
34. More light or delicate
35. WWII ace, first man to break the sound barrier
36. First American USAAF ace of World War II
37. Early air pioneer and advocate, HI base named for him
38. Groups of three singers
39. Tolkien tree character
41. Alphabet string
43. Long time
48. Russian ruler, once
49. Away from the wind
50. Fashion line __ Saint Laurent
51. In the matter of
53. Attempt
55. Dine

WWW.AirForceOneSource.com

Helping servicemembers,
helping their families

Two great trips from OAC to get your holiday season started



Sail the SF Bay – Fleet Week with the Blue Angels

Depart the Presidio Yacht Club for a journey aboard a 30' sailboat. Enjoy the Parade of ships and an air show featuring the Navy's Blue Angels Acrobatic Team. This is a once a lifetime adventure that will never be forgotten as you are right there on the water in the midst of this famous SF event. The tour also includes the opportunity to assist the skipper with the sailing of the boat, a 4-hour tour past the magnificent San Francisco waterfront, Alcatraz, and under the Golden Gate Bridge. Includes roundtrip transportation.

The cost of the trip is only \$50 per person. Sign up no later than Oct 4th to reserve your seat. This trip is open to ages 10 and older and leaves the OAC parking lot at 6:30 AM and returns to Beale at 8:00 PM. For more information call the OAC at **634-2054**.

Custom Salmon Fishing Trips

Enjoy day fishing for salmon as they travel up the river to spawn. This is an all day trip aboard the **Outdoor Adventure Center's** ultimate Jetcraft Fishing Boat! Spend the day with your trained fishing guide who will instruct you on how to fish for these magnificent giants. Bring a lunch and a cooler filled with your favorite beverages for a day to remember. You pick the day and OAC will take care of the rest. Call OAC today to book your custom trip. Please allow at least 7-10 days advanced notice to book your trip.



HELP WANTED!

Massage Therapist

Looking for a professional, certified massage therapist. Must have a current CPR Certificate.

Call the Harris Fitness Center at 634-2258 to apply.

Spend Sunday afternoons & Monday nights in the element of Football Frenzy at the Coyote Pub & Grill!



Prizes will be given away every Sunday and Monday.

For additional information about Football Frenzy activities contact:

Recce Point Club • 634-4948

GREAT OUTDOOR adventures!

ALL TRIPS AND TICKETS ARE OPEN TO MILITARY & DOD CIVILIANS

Mountain Biking for Beginners – Bidwell Park Chico

Oct 14th / 9:00 AM – 5:00 PM • Cost: \$15 • Ages 13 & up

Sign up by: 10/11 Interested in mountain biking but don't have a bike or the know how? Let the OAC transport you and the equipment to the trail head, where we will discuss proper techniques for shifting, braking and hill climbing. After a little practice and time getting comfortable on your bike we will hit the trail. Bidwell Park is the 3rd largest City Park in the Nation and home to miles of single track trails. Pack a small lunch and plenty of water.

San Francisco Oktoberfest

Oct 14th / 10:00 AM–Midnight (approx.) • Cost: \$37⁵⁰ ticket & trans.

Ages 21 or older • Sign up by: 10/11 This festival will include nonstop dancing, singing, and traditional German food and drink. Will depart the festival at 9 PM which allows you a full day and evening of celebrating. **This is a popular trip so sign up early!**

Downtown/Old Sacramento Nightlife Shuttle

Oct 20th / 6:00 PM–1:30 AM • Cost: \$13 transportation only.

Ages 21 or older • Sign up by: 10/18 Enjoy an evening in Downtown or Old Sacramento while visiting the many restaurants, saloons, clubs and specialty shops. Gather a group of friends and let OAC be your designated driver.

OCT SPECIAL

Camp Trailer Rental
 Receive \$10 Off the daily rate of any pop-up camping trailer.



OUTDOOR ADVENTURE CENTER • 634-2054

Framing Shop
Grab Bag Discounts
1st, 3rd & 4th Tuesday of Every Month | 4:00 p.m. to 7:00 p.m.
 Show up with artwork to be framed and draw from a grab bag for discounts such as 10% off, 25% off, 50% off, free glass, free mat or free mounting.
 Every draw is a winner and there is no limit to number of items you can bring in for framing discounts.
ARTS & CRAFTS CENTER
634-2294

Kid's Night Out

Oct 13th • 6:30-9:30 PM

Enjoy pumpkin carving, pumpkin bowling, make popcorn balls & caramel apples. Ages 5-8.
 \$3 members, \$5 non-members



Youth Center

634-4953

Look what's coming October 7th!
 Fit Factor youth 6-12 and teen 13-18 programs!

You are invited to Beale CDC



Open House
 29 Sep • 4:00-6:00 pm

Child Development Center
634-4717

Family Child Care... more than just babysitting

The growing demand for child care and the need for greater flexibility in supporting the Air Force mission necessitated for the expansion of **FCC Program**. The initiatives of the Expanded FCC Program enables military and civilian parents to perform their duty without undue concern about the well being of their children while reducing significant additional child care costs.

Currently caring for more than 20,000 children Air Force wide, FCC is offered on an hourly, part-day or full-day basis. It can help you in the event that your child is ill or has other special needs. It's available for deployments, exercises and extended duty hours. In short, it's everything you need to make sure your children have everything they need. Far from a simple baby-sitting service, FCC providers must meet stringent requirements. They are required to be at least 18 years of age, able to speak, read and write English, and be in good mental and physical health. They and their family members must pass a comprehensive background check and complete an orientation program prior to licensing.



Additionally, providers must complete 15 AF Training Modules equating to approximately 60 hours of training. Finally, to ensure your peace of mind, they are required to complete additional training each year, similar to the training required of the Child Development Center (CDC) employees. When you leave your child in an FCC home, you can be sure that it is fully equipped for your child's physical safety. That's because the FCC program lends providers important child safety items such as safety gates, scald guards, first-aid kits, doorknob covers, fire extinguishers, electrical outlet covers, etc.

FCC

family child care
Air Force Services

Further, unannounced home inspections are conducted monthly to ensure that every provider is consistently maintaining all safety standards.

In addition to child safety items, the FCC program lends providers a wide range of developmentally appropriate educational materials and supplies for infants through school-aged children. Ranging from small-muscle development toys such as puzzles and LEGOs to music materials, language skill supplies, arts and crafts materials and outdoor play equipment, your child will enjoy (and be challenged by) a wide selection of books, games, and toys. FCC is now available in civilian communities in off-base affiliated-provider homes at most locations. Offering the same standards in care, these homes are affiliated with the AF and are required to meet all AF standards as well as standards of the state, county, or country that has child-care licensing jurisdiction. If you are interested in becoming a FCC provider classes are forming now. Call Marsha at **634-5655** or visit www.afchildprograms.com to get more details.

5K FUN RUN

WEDNESDAY'S • 6:30 AM • AT THE FUN RUN PATH

>> TOP 4 <<

1. TSgt William Hamby 9LRS, 20:34
2. SrA Richard Conyers 9LRS, 22:28
3. TSgt John Williamson 9LRS, 23:45
4. SSgt David Nightingale 9LRS, 24:01

**Harris Fitness
Center**
634-2258

AF SERVICES
**Fitness
& Sports**

9TH SERVICES

"The more you engage with customers the clearer things become and the easier it is to determine what you should be doing."

-John Russell



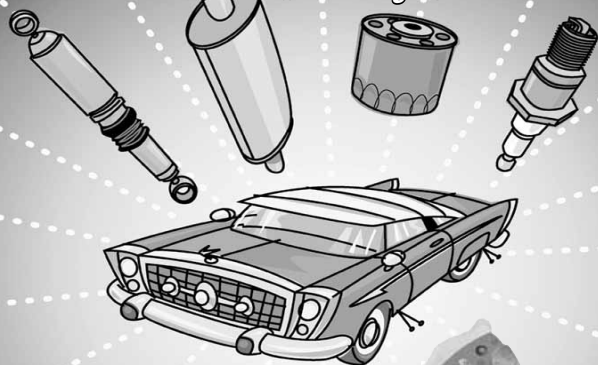
Look here for future tips on improving the Team Beale experience.

All Nighter

AUTO HOBBY CENTER

Quarterly

Beginning 9 AM Saturday Oct 14th
Thru 5 PM Sunday Oct 15th



PIZZA PROVIDED BY

Anthony's Pizza

Free Pizza after 2200

634-2296



BEALE AFB

Ryder Cup 2006

SATURDAY, SEP 30TH

SUNDAY, OCT 1ST

• 8:00AM SHOTGUN START •

TEAMS:

JUNIORS - 54 & YOUNGER • SENIORS - 55 & OLDER

OPEN TO MALE OR FEMALE

ACTIVE DUTY, RETIRED MILITARY & CIVILIAN MILITARY LEAGUE

WITH AN ESTABLISHED HANDICAP

\$25 per person
(plus green fees/cart)



COYOTE RUN GOLF COURSE

CALL 788-0192 FOR DETAILS

Spooky Night BLOCK PARTY



Oct 10th • 5:00-7:30 PM

**FOOD, BOUNCE HOUSE,
FUN ACTIVITIES, &
PRIZES FOR THE KIDS!**

\$1 Kids 3-15, \$4 Adults
FREE for Kids 2 & under

Community Center
634-3140